

The Positive Effects of Horses on Students



Equine Assisted Learning

- Improves communication skills
- Focuses on body language and, verbal and non-verbal cues.
- Helps build awareness of communication skills and areas in need of improvement.

Equine Assisted Therapies

- Horses 'mirror' human emotions, so it can be easier for students to identify their own emotions through the horses' display of them.
- Helps build relationships, empathy and trust.
- Good for overall mental wellbeing.



Therapeutic Riding

- Improves motor skills and strength.
- Builds independence.
- Builds concentration and learning skills.
- Improves mobility, circulation, and co-ordination.

Resources for Teachers

Take advantage of the great programs right here in Cranbrook! Take your class on field trips and tell families about them!



Equine Assisted Learning

- [Freedom Equine](#)
- [Healing Horse Haven](#)

Equine Assisted Therapies

- [Activities](#)
- [Trail Rides!](#)



Therapeutic Riding

- [Freedom Equine](#)
- [Creston Valley Society for Therapeutic Riding](#)